

NAMBOUR/COOROY NEWSLETTER

April 2019



Are You Working Out Hard Enough

Although any kind of physical activity is better than nothing, some workout plans are better than others in terms of overall effectiveness. While you may think you're getting a good workout by spending an hour reading a magazine on the stationary bike, the truth is, if you're leaving the gym with your make-up still perfectly intact, you're probably not working hard enough.

1. You're not monitoring your heart rate

Whether you're on a cardio machine or doing some high-intensity interval training (HIIT), your heart rate should fluctuate between 75% of your maximum when you're just starting out, eventually building to 100%. **Fusion & Interval classes are awesome!**

2. You can hold a conversation

A leisurely stroll with a friend is a nice way to pass the time, but not if you expect that activity to help you lose weight. To put it simply, if you can hold a conversation during your workout, you're just not working hard enough.

3. You work out at the same intensity all the time

Once you've been on a workout plan for a while and aren't becoming as sore or tired, it might be time to up the intensity. If you want to gain lean muscle mass and definition, start adding more weight; **Increase weight and add one extra cardio class!**

4. You're not cross-training

Not only do you need to change the intensity of your workout, but also the variety of what you're doing. Get creative. Fit people don't stick to one regimen, they cross train. **Try a variety of class, Dance Mixx, Strike, Interval and Strength classes.**

5. You're not seeing physical changes

That's not to say if you don't see results after a week you should give up. After all, how long did it take for your body to get to where it is now? But if you've been consistently working out and eating healthfully for more than a few months and you haven't noticed even a slight physical change.

Welcome to April,

Firstly, a big thank you for all the birthday wishes. I'm so lucky to be around wonderful people who I call my family as well as my friends. Plus you all have the same passion as me! Keeping Healthy!!!!

The winter months are fast approaching, so don't give up on your goals.

Tips to help you with the Winter months:

- Print calendar and stick with your days!
- Invite a friend to keep you company!
- Have your jazzy gear ready before class!
- Never give up because it is cold!

Have a great month!

**Customers of the Month
for Gabby Donovan
&
Kinnie Iru
A Big Congratulations to these
Wonderful Achievers!!!**

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Obesity: More and more studies show the correlation between exercise in adolescence and obesity, so embedding good exercise and healthy habits from a young age will give our next generation a greater chance to beat obesity. "We have one in four children who are overweight or obese, two out of three adults who are [too], and, for the first time in history, we're seeing children who have a shorter life expectancy than their parents." So how do we motivate our children to be more active? Getting kids involved in competitive or social sports is an engaging way to motivate and encourage exercise in a fun way. Chances are that if you can get your children interested in sport and fitness from an early age they will take these interests far into adulthood and continue to live long and healthy lives. Furthermore, childhood and adolescence are prime time for bone growth, so exercise will aid bone health into adulthood. It is not only children that need to adapt, but adults even more so. As adults we set the benchmark and are role models for what the 'norm' is around exercise and living a healthy lifestyle. In addition, the statistics around adults and obesity continue to illustrate that we, as a nation are not taking action. As young adults enter the workforce, it is too easy fall into the sedentary trap, with the average Australian adult spending 41 hours per week doing a sedentary activity such as, sitting at a desk at work, using a computer/ mobile device or watching T.V, we need to make a change.

Customer Profile!

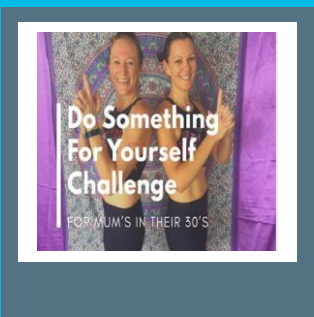
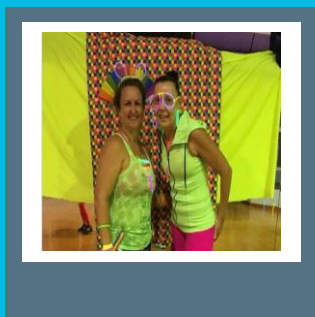
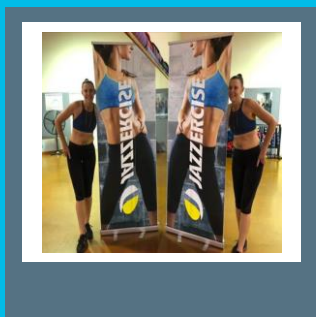
I would like to introduce the wonderful customer: *Pam Whitmore*

How long have you been Jazzin for? I have been coming to Jazz since 2007. Best decision I ever made!

What have you achieved coming to Jazz? Since joining Jazzercise not only I have become fitter and more active, my confidence has grown so much that I'm even wearing a crop top in some of the classes now!

What is the best thing about Jazzercise Nambour? Jazzercise feels like my second home. I love going there. The classes are heaps of fun. They make you feel great. The instructors are awesome, when you walk in they make you feel like you belong. The friendships that I have made will last a life time. Never have I been part of a group that supports each other so much. I love everything about Jazzercise.

OUR FAVOURITE SNAPS FROM LAST MONTH:



DON'T FORGET TO TAG US (@JAZZERCISENAMBOUR) IN YOUR JAZZY SELFIES-WE LOVE SEEING YOUR SMILES IN CLASS!

**"SORE TODAY,
STRONG TOMORROW!"**

